



## **What is Time for Life Executive Coaching?**

Time for Life, LLC is a company committed to help business owners, executives, and lawyers to create success through balance in their lives. Our Success through Balance coaching technique is holistic in nature and targets each area of our clients' lives. We take this approach to our coaching as it is the only effective way to achieve success through balance. This balance enables successful and driven professionals to experience genuine and consistent growth in their careers and their personal satisfaction. Through one-on-one coaching, group coaching, and online workshops, we provide practical guidance to professionals at every stage of their careers to reach their business, professional, and personal goals.

### **We have a dual purpose:**

- To empower business owners, professionals, and lawyers in creating their own fulfillment, success, and personal satisfaction while applying techniques to overcome self-defeating thought and behavioral patterns.
- To help corporate organizations and law firms create work environments that value the importance and effectiveness of success through balance.

### **The Success through Balance Coaching Technique Encompasses:**

- Goal Setting
- Values Identification
- Defeating Self-Limiting Thought and Behavioral Patterns
- Time Management
- Rapport building
- Effective Communication Techniques
- Work life balance
- Decision Making
- Leadership

### **Our Clients Include:**

- Entrepreneurs
- Attorneys
- Executives
- Law Firms



**Sonia Gallagher, Esq.**

Sonia Gallagher is an attorney, business owner, holistic executive Life Coach, and author of *The No-Fuss Road Map to Your Success*.

Sonia honed her psychology and communications background while working for the Central Intelligence Agency (CIA), increased her intuitive understanding of people and cultural sensibilities while working at The International Court of The Hague in The Netherlands, and developed successful methods of networking, marketing, developing joint ventures, and organizational systems while owning a law firm in the State of Florida.

She has traveled, lived, and worked in a number of countries guided by her intense passion for people and evolution of consciousness. She is the host of the Meditation Garden Radio Show where she regularly interviews spiritual masters, authors, and business owners who successfully combine spirituality with their professions and entrepreneurship. She teaches the importance of balance in life and the benefits of meditation to professionals in high stress careers.

Sonia works with business owners, executives, and lawyers who are ready to be challenged and to create change ... helping them experience true fulfillment, insight, and personal satisfaction in their personal and professional life. In addition to being an attorney, business owner, and executive life coach, Sonia is a facilitator and marketer, and has experience in Reiki healing therapy and Neuro Linguistic Programming.

Her unique *Success through Balance* coaching technique empowers business owners and professionals by teaching them ways to get more out of life while being successful in their careers. Sonia helps professionals discover ways to create more fulfillment in their jobs, more time in their day, more personal success, and to apply powerful methods to overcome negative thinking and behavioral patterns.

Sonia holds a Juris Doctor degree from the University of Florida, where she graduated as recipient of a full academic scholarship. She has a B.A. in Psychology from the University of Miami.



## **What Is Holistic Executive Life Coaching?**

Holistic executive life coaching is the type of coaching in which we specialize. It is an integral approach to coaching in which we address each of the segments that make up our clients' life. Through our coaching approach, we form ongoing partnerships with our clients that help them create real and longstanding change in their life, reach the goals they desire, find fulfillment in their profession, and succeed through work life balance.

We use our unique Success through Balance coaching technique to accelerate the growth and development of business owners, executives, and lawyers. We do this by enabling them to have greater focus and awareness of choices and possibilities available for them, overcoming obstacles in the path of their goals, and re-framing patterns of thoughts and behavior that are not congruent with where they want to be and what they want to achieve in life.

Coaches concentrates on where you are today and what you are willing to do to get where you want to be tomorrow. It is a way to identify, address, and correct the real issues that affect the limits to your potential. Coaching is a collaborative process leading to self-discovery, deeper understanding of the skills needed to succeed, and focus on critical behaviors that may be hindering a professional's perceived performance.

When you begin a coaching relationship, you take part in a supportive and focused process enabling you to step away from the day-to-day activities and take a hard look at your leadership competencies, develop action plans to build on strengths and address growth areas, and maintain motivation and progress. A coach will challenge you, push you out of your comfort zone, hold you accountable, and teach you ways to combat self-imposed limiting behavior.

Our coaching approach enhances your ability to learn, make desired changes, solve problems, make decisions, and achieve goals. We work with you individually or in groups via telephone in a series of regularly scheduled sessions. Our coaching is focused on lawyers, executives, and business owners.

Coaching is not counseling or therapy. This is a very important fact to know and commonly confused. Coaching is not focused on giving advice, healing dysfunction, or analyzing behavior. The focus of coaching is on you finding your personal and professional direction, life vision, and goals, designing a strategy for reaching those goals, and learning ways to overcome obstacles. A coach supports you in strategizing solutions, choosing the right direction, building your personal skills, and raising your awareness. Coaches don't diagnose you, tell you what you need to do, or spend time analyzing your past. We concentrate on where you are today and how to get where you want to be tomorrow easily and effectively.



## Key Ways We Help Our Clients

### We Work with Lawyers On:

- Establishing Work life balance.
- Creating professional fulfillment by designing and taking control of their career.
- Setting professional and personal boundaries.
- Client development, Client management, and Networking.
- Organizational skills and time management.
- Working effectively with paralegals, legal secretaries, partners, and associates.
- Avoiding or coping with burnout syndrome.
- Interpersonal skills, Emotional Intelligence, and Communication.
- Learning and Implementing Stress management and Relaxation techniques.
- Overcoming obstacles and combating self-limiting thought and behavior patterns.

### We Work with Business Owners On:

- Creating measurable goals in their personal and business life.
- Designing and taking control of your business schedule and business growth plan.
- Balancing business life with every other aspect of life.
- Improving Organizational and Time Management skills.
- Creating effective business systems so the business runs itself.
- Overcoming obstacles and self-limiting thought and behavior patterns.
- Enhancing Client development, Networking, Marketing, and Customer Service Skills.
- Managing staff and delegating effectively.
- Learning and Implementing Stress management and Relaxation techniques.
- Identifying choices and opportunities more clearly.

### We Work with Executives On:

- Creating measurable goals in their personal and business life.
- Designing personalized systems to achieve goals.
- Assessing strengths and growth areas.
- Setting professional and personal boundaries to achieve work life balance.
- Developing and cultivating a network that increases their professional potential.
- Enhancing management style, leadership abilities, and interpersonal communication skills.
- Executing successful business strategies.
- Moving beyond self-imposed limiting behavior, thoughts, and attitudes.
- Becoming more in tune with gender and generational differences.
- Implementing Stress management and Relaxation techniques.



## Who are Time for Life Coaching Clients?

We work with high potential, driven and talented professionals, lawyers, and business owners who:

- Are ready to learn how to create more success for themselves through work life balance.
- Want to become better leaders.
- Have a desire to improve their communication and management skills.
- Want to learn key strategies of persuasion, rapport building, and trust building.
- Are established professionals approaching burnout.
- Want more fulfillment out of their careers.
- Are eager to create new initiatives for their office or business.
- Are ready to be challenged and stretched beyond their comfort zone.
- Are open to creating change in their life.
- Want to take advantage of every single coaching session.
- Are willing to embrace new ideas, opportunities, and views.
- Want to replace self-limiting thoughts and behavior with new ones that are in alignment with their goals.
- Are committed to reach new levels of self-discovery, confidence, and success.

## **10 Tips to Get the Most Out of Coaching**

1. Be mindful of your intention for each session.
2. Acknowledge your feelings during the session, not just your production goals.
3. Discuss issues that are important to you simply because they are not because they should be.
4. Be open to seeing things differently.
5. Be present in each coaching session. Don't let interruptions take your mind away from the session.
6. Carry the lessons you learn during a coaching session throughout the whole week.
7. Allow yourself to fully immerse in growth. Cut back on hours or roles if need be.
8. Be open to evolve not just improve skills.
9. Surround yourself by supportive people.
10. Complete all exercises given to you by the coach.